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VOLUME 25, #1

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USA GYMNASTICS

FEATURES ON
THE ROAD
TO ATLANTA

MINA KIM

MIKE MORGAN

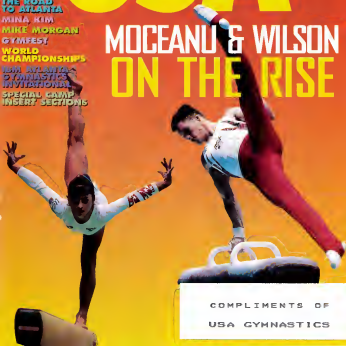
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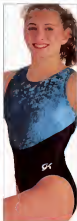
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FEATURES

Age Group	Percentage of Respondents
18-29	65%
30-49	55%
50-64	45%
65 and older	35%

Junior National Champion Mike Ryan came at **Dynastio Gymnastics** in **Chillicothe**. Although **Kate** is just 16 days too young to qualify for the 1998 Olympic Games, she maintains a positive mental attitude.

GUEST

12

The third annual USA Gymnastics National GymFest took place in Carroll, Ind., Oct. 30-31. Nine gymnastics groups and three special groups participated in the event.



Weeks 10-12

**1995
NATIONAL
TOP's TEAM**

The Talent Opportunity Program is proving to be a big success to many young girls across the country. More than 130 6-11 year old athletes were tested and 875 9-11 year olds were tested at the regional level this year.

WORLD CHAMPIONSHIPS

[illegible]

The USA women's team earned the bronze medal at the 1996 World Championships. Dominique Moceanu won the silver medal on beam and took fifth in the all-around. The USA men's team held their ground, finishing ninth, the same spot they finished at last year's World Championships.

**IBM ATLANTA GYMNASTICS
INVITATIONAL**

1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 26

Blaine Wilson earned the silver medal in the all-around, just missing the gold by 15 points. Shardsen won the gold medal on vault. All the athletes experienced the 1996 Olympic Games.

Mike Morgan

Year	Number of Publications
1980	10
1981	12
1982	15
1983	18
1984	20
1985	22
1986	25
1987	28
1988	30
1989	32
1990	35
1991	38
1992	40
1993	42
1994	45
1995	48
1996	50
1997	52
1998	55
1999	58
2000	60
2001	62
2002	65
2003	68
2004	70
2005	72
2006	75
2007	78
2008	80
2009	82
2010	85

Mike Morgan was the only junior competitor in qualify for the senior division at the 1995 Coca-Cola National Championships. His score was the top score for his age group on Team 200. He trains with coach Peter Karaman at Ohio State University.

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DOI: 10.1002/anie.201200000

MSA Agreement is the educational governing body for the sport of gymnastics. Kinesio has paid registration, MSA Agreement dues, a fee and subscription fee to Kinesio for the year, including the U.S. Olympic Agreement Year. Furthermore and support in change volume and so on.

TABLE 1. Continued

who want to help elite athletes achieve their maximum potential. Educational scholarships from those who want to partner with the Foundation and USA Gymnastics will help develop athletes and the sport at the highest levels and support the hopes and dreams of national and international athletes.

INTERNATIONAL PROGRAM

With help from the National Gymnastics Foundation, USA Gymnastics will recruit and support former elite athletes in taking gymnastics to developing countries in areas where the program has been implemented, children have been the beneficiaries. The program is an exciting and innovative way to build new friendships and bring the joy of gymnastics to future gymnasts around the globe.

CONCLUSION

Contributions to help grow the Foundation's endowment assist in guaranteeing the future for gymnasts. These contributions will be wisely invested with the interest available to support gymnastics for years to come.

Each time program is made in improving the sport of gymnastics, everyone associated with it benefits—the kids in your community, coaches and clubs through more and better educational materials, athletes from each training, research and increased participation, and parents with information to better support their children. All those associated with gymnastics have the ability to create program support that builds on the success, benefits and excitement of gymnastics through a gift to the National Gymnastics Foundation.

When the Foundation requests your support, please give The National Gynaemetric Foundation as your foundation, working to improve your sport and the opportunities it presents. When you invest in the National Gynaemetric Foundation, you invest in strengthening gynaemetics and its pre-eminence in the sporting community.

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Australian Business Values

Mary Lou Nelson grants stars on this video about proper nutrition. It covers such topics as eating disorders, good nutrition, and nutritional supplementation.

Abstract

They also discuss how to create a positive mental atmosphere for athletes. Mary Lou Retton also gives suggestions for body image along with eating and personal control.

[illegible]

Cross-Linking

The third video in the series, the newly produced video highlights the importance of proper conditioning in gymnastics (available until 1995).



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MINA KIM

JUNIOR NATIONAL CHAMPION

COMPETITION RESULTS

- 1993 U.S. Olympic Championships, Reno, Nevada, Jan. 1-10 AA & BE, 1st & 2nd (junior division)
- 1993 U.S. Olympic Festival, Boulder, Colo., Feb.-Mar., 1st-3rd
- 1993 McDonald's American Cup, Seattle, Wash., Feb.-Mar. (junior), 1st & 2nd (senior)
- 1994 U.S. Olympic Championships, Nashville, Tenn., Feb.-Mar., 1st-3rd (junior division)
- 1994 Canada Cup, Canada, July: 1st-3rd, 1st-3rd, 1st-3rd
- 1994 Goodwill Games, St. Petersburg, Russia: 1st-3rd (junior)

"Mina is very intelligent and she truly understands technique. She expects a lot out of herself. When asked to do a certain number of routines, Mina won't count the ones that aren't done perfectly. If she wobbles on something, she doesn't count it. Not all gymnasts are like that. Mina is a joy to work with."

—Coach Peggy Jodick

COURTESY: MINA KIM GYMNASIUM



My Lower Profile

Mina Kim was born in Inglewood, Calif., and moved to North Carolina with her family in 1982. She began gymnastics when she was four years old, and by age 10 she wanted to train with Steve Nunn and Peggy Jodick at Olympic Gymnastics The Kim family picked their home in 1992 and located for Kildareville City, N.C., where they've been ever.

"I love Olympic Gymnastics because of the coaching staff," said Kim. "It's strict and challenging which is good because it teaches me discipline."

When asked what it's like training with two-time World Champion Stevano Miller, Kim said, "Stevano really shows the way to be the best gymnast you can be. He's practically perfect all the time."

Kim is just 16 days too young to be considered age-eligible for the 1996 Olympic Games. Although she's a little upset that she doesn't have the opportunity to qualify for the Games, she realizes that she's gaining confidence as a junior. In fact, she won

the 1993 U.S. Olympic National Championships at the Junior Division.

When asked if she thinks it's fair to have an age limit for the Olympic Games for gymnastics, she said, "I think it should be open because age shouldn't matter. Some people are better when they're younger and some are better when they're older. It doesn't just be open."

In the her future goals in the sport, Kim would like to make a World Championships team, earn a new skill and possibly compete in the 2000 Olympics.

She thinks the one skill would probably be on bars because that's her favorite event and the one in which she usually scores the highest.

Kim's favorite skill in gymnastics is a new one she's working on bars—a back salto between the bars. "We try," said Kim. "I'm doing it by myself with a mat over the bar but I hope to compete at it at the '96 American Classic."

Kim is not only a great gymnast but also a great student. She maintains a 4.0 grade point average and is an honor roll student. Math is her least favorite subject.

Kim is just 16 days too young to be considered age-eligible for the 1996 Olympic Games. Although she's a little upset that she doesn't have the opportunity to qualify for the Games, she realizes that she's gaining confidence as a junior.

YOU BE THE JUDGE

The International Gymnastics Federation (FIG) has a rule that says gymnasts must be 16 years old to compete in the Olympic Games.

Should there be an age limit for gymnasts in the Olympic Games?

SHOULD THERE BE AN AGE LIMIT FOR GYMNASTS IN THE OLYMPIC GAMES?

For writers who want to write to USA Gymnastics, "Age Limit," P.O. Box 1000, 200 S. Capitol Ave., Salt Lake City, Utah 84103 or fax us at 801-537-2645. We'll publish some of your letters in the magazine for everyone to read.



MINA KIM

"I like Dynamo Gymnastics because of the coaching staff. It's strict and challenging which is good because it teaches me discipline."

FUN FACTS

BIRTH DATE:	January 15, 1992
BIRTH PLACE:	Incheon, Korea
HOMETOWN:	Oakbrook City, Ill.
CLUB:	Dynamo Gymnastics
COACH:	Steve Rosen and Peggy Laddick
SCHOOL:	Casper Middle School
GRADE:	8th
BEGAN GYMNASTICS:	1996
FAVORITE EVENT:	Bars
HOBBIES:	Swimming, Shopping and Reading (R. L. Stine—scary books)
FAMILY:	• Kim's mom and dad own a store and sell clothing and beauty supplies. Her 7-year-old brother participates in Tae Kwon Do.



Steve Rosen and Mina Kim



GETTING YOUR MIND AND BODY READY FOR COMPETITION: DO YOU HAVE A PLAN?

Joan L. Duda, Ph.D.

Sport Psychology Consultant for Women's National Team and Professor, Purdue University

Athletes who perform the best they can on a regular basis come into competition well-trained and prepared...physically and mentally. Research has shown that developing a performance plan helps athletes maximize their competitive preparation and execute their skills more consistently. In gymnastics, it would be best for each gymnast to have a detailed and familiar "plan of attack" that helps him or her get ready for the meet and each specific event.

HOW DO YOU DEVELOP YOUR PRE-MEET PLAN?

In constructing a pre-meet preparation plan, you need to know yourself from a competitive standpoint. Think back to recent meets when you performed well. Remember those competitions in which you were not pleased with your performance? What were the differences in what you did physically and mentally those hours before you traveled to the gym? In terms of getting your body and mind ready for competition, how would you compare what you were doing when you were warming up for the meet? Write these differences down and use it if you can identify what works best for you in terms of your physical and psycho-

logical preparation. The plan should cover what you want to do prior to the meet. The plan should also address the order in which you want the pieces of your pre-meet plan to occur.

HOW DO YOU DEVELOP YOUR PRE-EVENT PLAN?

Go through the same process described above. Remember your thoughts, feelings and actions for the good and "not too terrific" performances on each specific event. What were you focusing on and saying to yourself? How did your body feel? Write down the differences and see if you can discover how you would prefer to feel as you are waiting to receive the green flag from the judges.

POINTS TO CONSIDER WHEN PLANNING

1) When developing your pre-event preparation plan, consider that there might be small differences in where you want your body and mind to be which depend on the opponent in question. For example, you might want to make some small changes in your plan depending on how activated or energized you need to be before the event (example: balance beam versus floor exercise).

2) You want your pre-meet and pre-event preparation plans to be comfortable, confidence-building and customized. Although competition plans are beneficial for all athletes, the content and sequence of events in your plan may be different from other gymnasts you know.

3) Be flexible. Your plans should not be "set in gold." Don't be afraid to modify your pre-meet and/or pre-event plans if something is not working.

4) How you would prefer to interact with your coach (and parents) before the meet and/or each event is an important part of your plan. Communicate with them and decide what is best in terms of how they can help you get ready for strong performances.

5) Always have "Plan B." Sometimes things go wrong for athletes in competition. Now and then, the unexpected happens at meets. These situations will not be as disturbing if you consider beforehand (with the help of your coach) what you can do to get yourself back on track.

Think of your pre-meet and pre-event preparation plan as a good and supportive friend—someone who is with you always during competition and will "set the stage" for clean routines. So start planning! You'll feel more in control of your thoughts, emotions and, as a result, your performance. You'll also enjoy your gymnastics a lot more.

Research has shown that developing a performance plan helps athletes maximize their competitive preparation and execute their skills more consistently.



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CAMP FEES

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GymFest

"Workin' Gymnastics" Division Team received the "Spirit of the GymFest" award for attention to theme, adherence to the General Gymnastics philosophy, and involvement of participants from broad age ranges. Regardless of level of technical gymnastics performance, all of the groups showed qualities deserving recognition for a job well done.



By Steve Whitlock

The third annual USA Gymnastics National Gym Fest "Workin' Gymnastics" took place in Carroll, Ind. Oct. 20-21.

For those who are unfamiliar with General Gymnastics and the GymFest concept, it is a gymnastics activity which is a non-competitive opportunity for clubs and organizations to come together to perform gymnastics routines in a fun, educational, and social setting.

In General Gymnastics,

- all ages are encouraged to participate—grasped through arms
- all levels of ability are encouraged to participate—motion is life



- the social and group interaction opportunities are an integral part of the experience, and
- participants receive participation certificates and groups receive recognition for attention to theme (spirit of the GymFest) use of music, costumes, etc.

The general format for the GymFest is each club prepares a choreographed exhibition to music that should not exceed 10 minutes.

Near 400 amateur groups and three special guest groups participated in the 1999 GymFest, including American Gymnastics (Ind.), Milwaukee Turners (Wisc.), N.E. School of Dance (Ind.), Rhythmic

Illusions (Ill.), "Workin' Gymnastics" Exhibition Team (Ind.), The Gymnastics Company (Mich.), USA Gymnastics Rhythmic National Group Team (Ill.), American School of Dance and Art (Ill.), Performance Edge Company (Ind.), The Rhythmic Edge (Ind.), The Indianapolis Girls' Cheerleaders (Ind.), and The Indiana Performance (Ind.).

Over 400 individuals performed in the various GymFest activities. The highlight of this year's GymFest was the Final Performance—conducted as an Indianapolis Girls' Football Organization performance show.

For information on how to participate in the 2000 GymFest, contact the Indianapolis Girls' Football Organization at 100000, 210-512-4444, or visit their website at www.usagymnastics.org.



General Gymnastics is Fun!



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- B. In Sterling Silver wishbone \$195
- C. Circle Ring Handstand \$245
- D. In Sterling Silver wishbone \$245
- E. The Leap \$245
- F. In Sterling Silver wishbone \$245
- G. Female Cross Handstand \$245
- H. Female on Cross Handstand Earrings Jr. \$245
- I. Circle Ring Earrings Padded Fr. \$229

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 Lightsought, 18" - \$17, 16" - \$16
 1400 Gold Box Chain 18" - \$35
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 worldwide for quality



YOU'VE COME A LONG WAY!

Daily newspaper takes straight from your favorite athletes' personal family albums... **EVEN WHO!** This issue's mystery athletes are top level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast is from Atlanta—the host city of the 1996 Olympic Games.

- She trains in Downers Grove, Ill., along with five other gymnasts, and is coached by Koelliker Tadroses.

- She was a member of the 1994 World Championships Team and the 1995 Pan American Games Team.



WHO IS SHE?

FIND ANSWERS ON PAGE 42!

- This gymnast is from Sheffield, Ind., but now trains in Channah, Ohio.

- She was a member of the 1994 World Championships Team.

- She took third all-around at the 1995 Coca-Cola National Championships and came back from knee surgery to compete. In the 1995 World Championships, where her team won the bronze medal.

WHO IS SHE?

Record Breaking Sales

THE ROAD TO ATLANTA



Atlanta received more than 300,000 ticket order requests for the 1996 Olympic Games, averaging 17 tickets, totaling \$1,100 per order.

Trivia Question

Excluding the Opening Ceremony, what were the top three most requested sessions of the 1996 Olympic Games?

Answer
1. GYMNASTICS—Women's Team Olympic
2. GYMNASTICS—Team
3. GYMNASTICS—Men's Artistic
4. GYMNASTICS—Men's Artistic
5. GYMNASTICS—Men's Artistic

Gymnastics represents five of the top 10 most requested sessions!



Badminton
Cycling
Diving
Fencing

Overall

Dina

Finding

100

Artificial Composites

Modern Pentathlon

Summary

Synchronized Swimming

Table 1. Continued

Training

Workshop

Rhythmic Gymnastics was the second sport to sell out of tickets for the 1996 Olympic Games.



To obtain a ticket brochure or Olympic Arts Festival

information, send \$5 to: 1996 Olympic Games
Ticket Request Form, P.O. Box 105153,
Atlanta, GA 30348-5153.

The \$5 will be deducted from the ticket order.



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- Display your awards for family and friends
- Eliminate misplaced ribbons and medals

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Parents: A gymnastics Score book makes it easy for you to follow your child's score during a meet. It also allows easy comparison from meet to meet. Small enough to fit in your pocket, large enough to track tumbling scores as well.



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City _____ State _____ Zip _____

Please use ZIP. Please include street address.

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Model Pages	_____	\$2	_____
Cover Books	_____	\$40	_____
Shipping Handling Insurance		_____	_____
Total		_____	_____

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Address: 4100 N. 1st St., Suite 100, Phoenix, AZ 85018



HEN'S JUNIOR OLYMPIC ACROBATIC ALL-AROUND AMERICAN AWARDS

This is a contest to all athletes, parents and coaches that applications for the 1995 USA Gymnastics Acrobatic All-Around American Award are due by April 15, 1995.

The Men's Junior Olympic Program Acrobatic All-Around Acrobatic Awards are open to all high school athletes and will be awarded to qualified athletes on three levels:

1. Best Team Acrobatic All-Around Acrobatic with a combined grade point average of 3.00 or higher.
2. Second Best Acrobatic All-Around Acrobatic with a combined grade point average of 3.25 or higher.
3. Overall Best Acrobatic All-Around Acrobatic with a combined grade point average of 3.50 or higher.

The contest All-Around Acrobatic Award and application are found in the USA Gymnastics Acrobatic All-Around Acrobatic Award packet and will be accepted by the office of membership (mail and fax) Acrobatic award in USA Gymnastics by April 15, 1995.

1995 USA GYMNASTICS OLYMPIC DEVELOPMENT PROGRAM 10 - 11 LEVEL III JUNIOR DEVELOPMENTAL RANKING

By Donnie McIntyre

The Olympic Development Program is to provide a vehicle for development of those athletes who have gymnastics excellence as a goal. There were 164 participants in this year's level III age 10-11, Olympic Development Program Regional Selection. The Junior National Development Team is made up of the top 20 athletes from these Regional ODP Events. The top 25 athletes in the 1995-96 Junior Development Program will be invited to a team training camp to be held in the summer of 1996. Congratulations to our new Junior National Development Team and to all the participants in this year's Olympic Development Program on a job well done.

1995-96 USA GYMNASTICS JUNIOR DEVELOPMENT TEAM

Rank	Name	Club
1	10710 Anthony Smith	Top Right
2	10712 S.J. Smith	Staten City Gym
3	10713 Kevin Smith	Top Right
4	10714 Kevin Smith	Staten City Gym
5	10715 William Smith	Staten City Gym
6	10716 Kevin Smith	Staten City Gym
7	10717 Kevin Smith	Staten City Gym
8	10718 Kevin Smith	Staten City Gym
9	10719 Kevin Smith	Staten City Gym
10	10720 Kevin Smith	Staten City Gym
11	10721 Kevin Smith	Staten City Gym
12	10722 Kevin Smith	Staten City Gym
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14	10724 Kevin Smith	Staten City Gym
15	10725 Kevin Smith	Staten City Gym
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17	10727 Kevin Smith	Staten City Gym
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26	10736 Kevin Smith	Staten City Gym
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28	10738 Kevin Smith	Staten City Gym
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31	10741 Kevin Smith	Staten City Gym
32	10742 Kevin Smith	Staten City Gym
33	10743 Kevin Smith	Staten City Gym
34	10744 Kevin Smith	Staten City Gym
35	10745 Kevin Smith	Staten City Gym
36	10746 Kevin Smith	Staten City Gym
37	10747 Kevin Smith	Staten City Gym
38	10748 Kevin Smith	Staten City Gym
39	10749 Kevin Smith	Staten City Gym
40	10750 Kevin Smith	Staten City Gym
41	10751 Kevin Smith	Staten City Gym
42	10752 Kevin Smith	Staten City Gym
43	10753 Kevin Smith	Staten City Gym
44	10754 Kevin Smith	Staten City Gym
45	10755 Kevin Smith	Staten City Gym
46	10756 Kevin Smith	Staten City Gym
47	10757 Kevin Smith	Staten City Gym
48	10758 Kevin Smith	Staten City Gym
49	10759 Kevin Smith	Staten City Gym
50	10760 Kevin Smith	Staten City Gym



Anthony Smith



Kevin Smith



Kevin Smith



Kevin Smith

NATIONAL EVALUATION: JUNIOR TEAM RANKING



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith

LEVEL 4: 10-11

1. Kevin Smith
Staten City Gym
2. Kevin Smith
Staten City Gym
3. Kevin Smith
Staten City Gym
4. Kevin Smith
Staten City Gym
5. Kevin Smith
Staten City Gym
6. Kevin Smith
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8. Kevin Smith
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9. Kevin Smith
Staten City Gym
10. Kevin Smith
Staten City Gym



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith



Kevin Smith

CHAMP CAMP

The International Gymnastics Federation held its first World Championships on Sportscotland in 1985. The FIG Congress in Atlanta in July 1996 will vote on whether to have sportscotland included as a discipline of the FIG.

"More and more people with gymnastics backgrounds are doing quite well in sportscotland," said Howard Schwartz, President of the Association of National Aerobic Championships Worldwide.

The U.S. National Aerobic Championships will offer gymnasts the opportunity to learn more about the sport as a U.S. ChampCamp V to be held in Los Angeles, February 15-18.

Through a series of lectures, demonstrations and participatory workshops, National and World Aerobic Championships, judges, coaches, trainers and other sport specific experts will offer practical information on how to prepare for competition during a three-and-a-half-day program that takes place during the National Aerobic Championships U.S. Finals.

"For anyone interested in learning about sportscotland, there is simply no other place to learn so much in such a short period of time than at ChampCamp," said Schwartz.

Registration and information are available by calling 1-800-211-5025.

(Where a Event Subject to Change or Cancellation)

JANUARY 1996

10-19	Summer Olympic Festival (M/W)	Boyle, Iowa, IA
19-21	Regional Meeting Meet (M)	Denver, Colo
20-21	Ohio Regional (M)	Denison, Ohio
27	Boer's International Gymnastics Cup (M/W/F)	Portland, OR

FEBRUARY

2-3	USAG Winter Cup Challenge (M)	Columbia, Mo, MO
9-11	American Open Appeals (W)	DAVE, TX
14-17	USAG Regional Challenge (F)	Denison, Iowa, IA
18	USA/Norfolk Exhibition (F)	Denison, Iowa, IA

MARCH

Feb 29-31	McDonald's American Cup (M/W)	St. Louis, MO
3	The 3-on-3 Girl Gymnastics Challenge (M/W/F)	Atlanta, GA

APRIL

6	Budget Kent's Car Gymnastics Invitational (M/W)	Maum, IL
10	USAG Regional Meets (M)	Portland, Ore
12-18	USAG Regional Meets (W)	Denison, Iowa
18-19	Level 10 Regional (W)	Denison, Iowa
18-21	World Championships - I & II (M/W)	San Juan, P.R.
18-20	USA Gymnastics Collegiate Championships (M/W)	Seattle, Pacific, Wash
30-31	J.O. Championships (F)	Weymouth, England
31-37	USAG National Championships (M) Girl of All	Indianapolis, IN
34-37	USAG National Championships (M)	Stanford, CA
37-38	Ohio Regional (M)	Denison, Iowa
37	USA Gymnastics Artistic International Tournament (M)	Cape Girardeau, MO

MAY

3-5	J.O. Nationals III & IV (W)	Dallas, GA
3-5	USAG Executive Committee Meeting	Indianapolis, IN
4-5	Section A Gym (F)	Alamo, CA
4-5	USAG Board of Directors Meeting	Indianapolis, IN
11-12	Western Open (F)	Seattle, WA
12-14	J.O. National Competitive Prog. Workshop (M)	Tulsa, OK
14-19	U.S. Olympic National (W)	TBA
16-17	J.O. Championships (M)	Tulsa, OK
25-26	National Gymnastics Festival (M)	TBA
31 - June 2	USAG Rhythmic Ball Championships (F)	Atlanta, GA

JUNE

5-8	East Side Ball Championships (M/W)	Greenville, TN
18-19	The Builders (M)	Yonkers, NY
21-23	Rhythmic World Championships (F)	Yonkers, NY
29-30	U.S. Olympic Trials (F)	Indianapolis, IN
27-30	U.S. Olympic Trials (M/W)	Indianapolis, IN
27-30	USA Gymnastics National Congress	Indianapolis, IN

JULY

13	Pro-Olympic Exhibition	Greenwood, NC
13-17	FIG Congress	Atlanta, GA
20-26	Games of the XXIVth Olympiad (M/W)	Atlanta, GA

AUGUST

1-4	Games of the XXIVth Olympiad (F)	Atlanta, GA
14-18	Post Olympic Games (M/W/F)	TBA

No American
Special Events Section - All Other



GYMNASTS FEATURED IN VISA COMMERCIAL

Myriah, Rianne, Rose, Jennifer, Jennifer, Caroline, and Tim, along with women gymnasts Dominique, Melissa, Ashley, and 1992 Olympic Kim Zmeskal, will be featured in a 30-second commercial for Visa.

These gymnasts, along with athletes representing U.S. locations, synchronized swimming, diving, and American Olympic, will be featured in efforts to promote Visa and its athletes as they support athletes training for the 1996 Olympic Games every time they see their Visa cards.

The commercial will be shown during nationally televised broadcasts.

NOTICE TO MEMBERSHIP

The following Membership Statement has been adopted by the Board of Directors of USA Gymnastics:

Membership in USA Gymnastics is a privilege granted by USA Gymnastics. It is not a right. It is a privilege granted by USA Gymnastics at any time when a member's conduct is deemed to be inconsistent with the best interests of the sport of gymnastics and of the athletes who are training.

The following former professional members have had their memberships with USA Gymnastics terminated and will not be allowed to renew their memberships:

Charles Theodore Bates	MM
Yusef Brown	SC
Larry Park	MA
William Alexander Marbury	TM
Bobby Patterson	TM
Joseph Tinsley	MD
Ray Larry Seligman	PA
Robert Allen Gasser (Bolt)	TM
Richard "Chico" Goldstein	NY
Robert Dean Ford	NY
John S. Moore	NY
William W. Moore	MM
William W. Moore	FL
John A. Rice	DE
Steve Sharkey	MD
Mike Moore & Sons	UT
Mark Smith	FL
Archie Eugene Taylor, Jr.	MA
Robert Tinsley	MA
Steve Wiggins	OK
Archie Williams, Jr.	PA

IN MEMORY

Luis Lopez, a 1992 Olympian and former USA Gymnast, died of leukemia on October 9 in his hometown of Mexico City.

"He was an outstanding young man and one of the premier gymnasts at the international level," said University of New Mexico's coach Rusty Mitchell.

Lopez, 26, took fifth all-around and tied for sixth on parallel bars at the 1990 NCAA Championships. In 1991 he won the high bar event. He was the only gymnast to qualify for trials in all six events during the 1991 Pan American Games. He represented Mexico in the 1992 Olympic Games.

The gymnastics community is saddened by Lopez' death and our thoughts and wishes go to his friends and family.



1995 NATIONAL TOP'S TEAM

[illegible]

**9-11 YEAR
OLD TEAM**

[illegible]

Phone: 800	1-800-800-8000
Customer Service	1-800-800-8000
Web: 800	1-800-800-8000

[illegible]

6-8 YEAR OLD TEAM

[illegible][illegible]

1000

The 1995 National Talent Opportunity Program for women just wrapped up for 1995. Twelve hundred and twenty-five 6-10 year old athletes tested at the regional level this year. The breakdown per age group was as follows:

6 year olds	20 athletes
7 year olds	125 athletes
8 year olds	205 athletes
9 year olds	170 athletes
10 year olds	130 athletes
11 year olds	224 athletes

Of the 150 4-5 year olds, 71 were selected to the National 4-5 TOP's Team. This represents an club



One coach from each club was invited to attend the December National Training Camp.

Of the 875 9–11 year olds, 320 were invited to take part in the National TOP Testing that was held in Rochester, NY, October 19–22. At the National Testing, the athletes again were tested on physical abilities along with some basic skills on each apparatus including dance. In the evening of each testing day, the



National Staff conducted a clinic for all the athletes and their coaches. The following day, all of the athletes along with their coaches and parents, went through a three hour session with USA Gymnastics Sports Science Staff. The staff includes the USA Gymnastics National Team Sports Psychology Consultant, Dr. Joan Dada, and USA Gymnastics

National Team

Nutritionist,

Dr. Dan

Bernardot, who

hundred peo-

ple attended

these seminars

through the

four days of

testing. From this testing, 73 athletes were selected to the National 9–11 TOP Team. The team attended a National TOP Training Camp in Tulsa, Okla.



NATIONAL AVERAGES FOR 9-11 YEAR OLD TOP'S ATHLETES

	9-10	9-10	9-10	10-10	10-10	10-10
Standing Height (in)	49.6	49.5	48.8	50.0	50.2	50.0
Striding Height (in)	52.0	51.8	50.7	50.0	50.0	50.0
Vertical Jumpability (in)	31.4	31.6	32.3	30.7	32.0	31.2
Right Leg Split (in)	4.6	4.8	5.0	5.0	5.0	5.0
Left Leg Split (in)	3.0	3.4	3.7	3.7	3.6	3.6
Leg Split (in)	3.1	3.2	3.3	3.5	3.6	3.5
Polka (in)	1.7	1.9	1.8	1.7	1.8	1.8
Polka (in)	1.5	1.7	1.7	1.7	1.7	1.7
20 Meter Walk (in)	4.0	3.7	3.8	3.6	3.7	3.6
Medicine Ball Forward (in)	44.4	44.0	43.0	43.0	43.0	43.0
Medicine Ball Backward (in)	44.0	43.7	43.0	43.0	43.0	43.0
3 Second Jump (in)	14.4	13.2	13.4	13.0	13.0	13.0
3 Second Jump (in)	14.4	13.4	13.0	13.0	13.0	13.0

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The NASSAR SYSTEM is currently being used by levels 4-6 and often goes to level 7 or 8. It's used in 10 states and in 10 countries. There's a 30-day money back guarantee. The guarantee can be by the support, not if they like it, and return of the full refund if they don't like it and don't like it.

It is recommended that two NASSAR SYSTEMS be purchased, one for each ankle. They can be cut to fit any size.

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Contact for information about the 30-day money back guarantee of this new ankle brace payable by mail to:
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10000 Chasler Court • Huntington Hills, PA 15111



CALIFORNIA STATE MEET LEVEL 6 & 7

SEP 12-13, 1995

LEVEL 7 CHILDREN 6-11

1 Melissa Chen	Adelphi Gym	37.000
2 Marya Tomin	Adelphi Gym	36.333
3 Sydney Gilman	Adelphi Gym	36.133
4 Oria Giannopoulos	Adelphi Gym	32.933
5 Marissa Imla	Adelphi Valley	31.000

LEVEL 7 ADOLPH

GYMNASIUM was the place in the team sport. The athletes did not see their 1st, 2nd, 3rd, 4th, 5th and 6th rounds. They did not see their 1st, 2nd, 3rd, 4th, 5th and 6th rounds. They did not see their 1st, 2nd, 3rd, 4th, 5th and 6th rounds. They did not see their 1st, 2nd, 3rd, 4th, 5th and 6th rounds.



GREAT LAKES GYMNASTICS CLUB BLUE CHIP INVITATIONAL

CHICAGO, ILL
SEP 12-13, 1995

JUNIOR DIVISION

	VAULT	BARS	BEAM	FLOOR	AA
Gina Jorgensen	8.75 (3)	9.00 (1)	8.45 (8)	7.75 (4)	34.95 (3)
Ally Champion	8.50 (8)	8.75	7.75	8.00	33.00
Shayla Langley	8.00 (14)	8.00 (2)	7.75	8.45	34.20 (5)
Sydney Lancel	8.25 (12)	8.25 (3)	8.40 (6)	7.50 (7)	33.60 (6)
Kara Johnson	7.00 (20)	8.00 (2)	7.10 (22)	7.50 (7)	34.15 (7)
Jordan O'Brien	7.75	8.50 (2)	8.45 (8)	8.00	34.65
Alicia Wilson	8.00 (15)	8.25 (3)	8.00 (12)	7.75	34.25 (8)
Shelly Wheeler	7.15 (17)	8.00 (2)	7.50 (17)	7.45 (8)	34.15 (9)

SENIOR DIVISION

	VAULT	BARS	BEAM	FLOOR	AA
Tracy Whelan	8.65 (1)	8.25 (1)	8.15 (4)	8.00 (2)	33.00 (2)
Deana Sperry	8.00 (3)	8.25 (2)	7.00 (1)	7.15 (2)	30.45 (1)
Sydney Ann	8.40 (2)	7.45 (3)	8.00 (5)	7.25 (3)	31.10 (3)



ILLINOIS INTERNATIONAL INVITATIONAL, hosted by Martin Brundage, performed at the Apparel Mart on October 2. They have performed at a number of city functions, as the city goes up to host the Olympic Games. Richard is Billy Potts along with gymnasts: Melissa Martin, Victoria Orlov, Anna Brundage, Candice Thomas, Karla Way, Amy Ruffel, Melissa Smith, Donna Lee and Jennifer White.

WEST BRUNDS - Last official world and games from the competition in USA Gymnastics. They have been the American team. They have been the American team. They have been the American team. They have been the American team.

FLIP OVER USA GYMNASTICS

Don't flip over USA Gymnastics! This magazine covers important national and international events looking up to, and including the 1996 Olympic Games. Get to know the gymnasts, the coaches, the judges and the competition rules. USA Gymnastics gives comprehensive gymnastics coverage on air, full color issues for only \$25.00. Group subscriptions \$32.00. Don't miss what USA Gymnastics has to offer!

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1994

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- ★ The ultimate in group challenges and adventure activities
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Learn from professionals who are Olympic, World and U.S. team members. NCAA All-Americans & the coaches that guided them along the way teach you how to be your best. Train with Steve Nunn, top world and Olympic team coach, during our special competitive weeks.

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Take classes at one of our deluxe training gyms. Special areas are specifically designed for bars and vault, beam and tumble track, ballet and performing arts, trampoline and dance. Team USA uses floor level, loose and solid tumbling pits for each event—recognized as one of the best methods for learning new gymnastics skills.

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Team USA is proud to boast the lowest coach to camper ratio in the country. Take advantage of small groups to insure the highest quality in personalized training, supervision and structure. Improve your skill level with group leaders who are all safety certified by the U.S. Gymnastics Federation.

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Take advantage of up to 6 1/2 hours of structured training for competitive athletes. Programs can be supplemented with alternative fun activities for beginners and recreational gymnasts.

Exclusive Enrollment

Benefit from a program designed specifically for girls' gymnastics training. Come just yourself or with your team. Whether beginner, elite or competitive, Team USA welcomes all levels.

Dance Classes

Join renowned dancers and choreographers in our beautiful lakefront performing arts center for daily dance classes.

Conquer Group Challenge and Adventure Activities.

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- The Double Lightning Zip Line
- The Blob Giant Water Trampoline
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- The ★New★ Affogato Alley Adventure Pit

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USA MAINTAINS MEDAL RANKING



DOMINIQUE MOIRÉANU



By Loren Pezzoli

The USA team won the bronze medal at the 1993 World Championships in Japan, Japan October 2-6, in Nagano. Considering all the circumstances involved with the team, the bronze medal was a most colorful and impressive of the 1993 team.

The US lost some of their top skaters many years ago. The 1980 Olympic champion, Dorothy Hamill, left the sport after the 1980 Olympics. And Doree Ann Greer who finished sixth at the 1980 Olympics was also unable to compete due to a serious knee injury. And Doree Ann Greer who finished sixth at the 1980 Olympics was also unable to compete due to a serious knee injury. And Doree Ann Greer who finished sixth at the 1980 Olympics was also unable to compete due to a serious knee injury.

That the US was in Japan, already a hard place, Japan. Phelps was recovering from knee surgery. Skating after surgery with a foot injury and it was excruciating. If she would compete in the team competition. Fortunately Phelps and Greer were both able to compete and helped to earn the USA the bronze medal.

Phelps couldn't stand it up last spring. To say she came back with experience as a coach the world championships was one of the most dramatic that I've been through. Greer, Greer Phelps, Phelps all were injured. Greer had a knee injury, Phelps had a knee injury, Phelps had a knee injury. Phelps had a knee injury, Phelps had a knee injury, Phelps had a knee injury.

Skating. It's a lot of the most incredible athletes I've ever seen. All these athletes have made it happen.

Many have been out. The gymnasts had a strong desire to win a medal at the World Championships. The kids pulled it together. They knew we didn't have a lot of time to get ready. But instead of giving up, they came to the nationals and did a great job to win the medal.

At the 1993 World Championships, the US team won a record 10 medals. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal.

The 1993 team was led by 1993 National Champion, Dorothy Hamill. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal. Phelps won the bronze medal, Greer won the silver medal, and Phelps won the bronze medal.

Phelps won a medal at every event, but appeared there and led the competition in Tokyo after the Olympics. Phelps won a medal at every event, but appeared there and led the competition in Tokyo after the Olympics. Phelps won a medal at every event, but appeared there and led the competition in Tokyo after the Olympics.

**LILIA PODKOPAYEVA
CROWNED WORLD
CHAMPION**

Lithuanian Lilia Podkopaeva won the 1993 World Championships in Nagano, Japan. Podkopaeva won the bronze medal at the 1993 World Championships in Nagano, Japan. Podkopaeva won the bronze medal at the 1993 World Championships in Nagano, Japan.

Podkopaeva won the bronze medal at the 1993 World Championships in Nagano, Japan. Podkopaeva won the bronze medal at the 1993 World Championships in Nagano, Japan. Podkopaeva won the bronze medal at the 1993 World Championships in Nagano, Japan.

"I didn't expect to win the gold medal," said Podkopaeva. "This is the biggest moment of my life."



LILIA PODKOPAYEVA

I can begin with my performance today and I thank my coaches from the bottom of my heart."

Obviously 1992 is her last "best" year was the highest score of the women scored and moved her from fourth place, just ahead and difference to second place in the competition.

Amner finished the competition in fourth followed by the U.S. Olympians Moceanu at 19th.

Moceanu, who started 14 weeks at the World Championships, was competing in her first major international meet. She was also the first gymnast up on her last event—beam. Although beam is usually one of Moceanu's strongest events, it was her lowest score of 9.825 of the all-around competition. She missed the bronze medal by only 0.3 points of a point.

According to the *Los Angeles Times*, a Japanese newspaper, many are labeling Moceanu as a future star in the sport.

"Each Randy and I'm very proud. It's not just me, it's the team. It's the best thing that could have happened for American to finish 19th."

Moceanu said "I thought of the end I could hold onto that place but I didn't happen. Maybe next time."

While a Moceanu who had the highest optional all-around score from the final competition, just behind all of the rest of the world who she represented her double beam, demand on beam. He scored the competition in sixth place with a 38.754 score with a fall.

She is 23's Randy Strug had the most of her life in the sport.

"It's really special to me and Strug like the first time the world has all moved back to a World Championships and now for the first time in the world I feel more confident at the event than in the past."

In the World Championships Shannon Miller had trouble on beam. She had a break on her handstand position and scored 9.825, which knocked her out of the top position in the all-around. She finished 19th with a 38.338.

"I was concentrating on my routine and pulled my hand out from handstand or what happened tonight. I'll just come back during next time and try to do better."

Moceanu finished 19th "I'll hang in to the World Championships for the other medal."

"I'm glad I got a medal," said Moceanu. "It's good experience for me."

JAYDIE PHELPS



SHANNON MILLER



KERRI STRUG



Moceanu, from Danes earned the gold with a score of 9.98. After earned a 9.93 to tie for fourth with American Alexandra Margaryan.

On vault, Moceanu finished second for the gold with a score of 9.98. Moceanu finished second for the gold with a score of 9.98.

Although the U.S. had three gymnasts in the top eight vault, no one vaulted for the U.S. during vault final. Miller vaulted due to a last score. Strug was unable to compete at the last minute and Moceanu, who was not supposed to compete in vault due to the two gymnasts per country rule, did not have time to warm-up in order to vault.

On bars, Randy Strug finished originally and of what she scored 9.90 for the gold medal. Moceanu finished for the silver medal with a score of 9.887.

Miller took fourth with a score of 9.887 and Phelps took eighth with a 9.887.

"I was a little conservative on my routine," said Miller. "I'm going to go better and work a new floor and maybe some new skills."

Moceanu said "The level of difficulty and execution on beam was outstanding. Japan should be very

"THE GYMNASTS HAD A STRONG DESIRE TO WIN A MEDAL AT THE WORLD CHAMPIONSHIPS. THE KIDS PULLED IT TOGETHER. THEY KNEW WE DIDN'T HAVE SOME OF OUR TOP ATHLETES, BUT INSTEAD OF GIVING UP, THEY MORE TO THE OCCASION AND DID A GREAT JOB TO WIN THE MEDAL."

—MARY LEE TRACY

period of time from going to go back to the gym and work on increasing magnitude of our release moves and such things."

Strug earned first on floor with a 9.93, while China's Li Yanyan took second and France's Ludmila Turisova took third. Moceanu tied for seventh with a score of 9.887. She represented last vault and 20 vaults in her last year, two vaults and half vault vault final.

"I had a lot of energy at the end and I went too hard," said Moceanu.

Miller scratched floor due to a last injury.

(Continued on page 22 after news story)

MARY LEE TRACY



MOCEANU EARN'S SILVER MEDAL

"I was concentrating on my routine and pulled my hand out from handstand or what happened tonight. I'll just come back during next time and try to do better."

Moceanu finished 19th "I'll hang in to the World Championships for the other medal."

"I'm glad I got a medal," said Moceanu. "It's good experience for me."

THERESA KULIKOWSKI

CHINA

BLAINE WILSON

EARN'S TEAM TITLE

Chas worked hard to earn his place on the team. In the end, China defeated Japan by more than three points, 565.555 to 553.555. China, who finished 1989 at last year's World Championships, earned its team spot to win the bronze medal with a score of 562.90.

Dezhi Li, headcoach, said, "There are still lots of errors that we didn't see. If we are our full strength we can win anything."

Japan's silver medal was the first since the World Championships final since they won it bronze in 1983.

The Russian team won scores since they've never won a medal. Sergei Ibragimov said, "After many years of hard work, we are very happy to be out of this shadow."

Another big story of the competition was Russia who finished in fifth place after competition. Russia moved all the way from eleventh to fourth in the team competition with a score of 560.85. The Soviet Union has earned a medal in every youth competition of the World Championships since 1974. After the breakup of the Soviet Union, Russia earned second at the 1994 World Championships. It was quite a surprise to see this team in fifth place after competition.

The USA men who competed on the first day of team competition due to the crowd going out with a vengeance during the compulsory round of competition. They hit every routine and were strong competitors for the bronze to follow. After the compulsory and concluded the USA sat in third place. Coach Peter Gullone said, "This is the best feeling in 1994, since our team has had made the 1984 Olympic Games when the USA was the gold medal." The USA men proved that they could be competitive in the world of gymnastics.

The U.S. men who did well in gymnastics in the final round more than 40 points higher in the team competition than at the 1994 World Championships. Unfortunately they finished sixth, the same spot they finished at last year's World Championships. I would have



CHINA TEAM

thought for him that it was his last day, but he would have been in the top six," said John Kucharski, the team captain.

Coach Kucharski said, "The team did well tonight. We had some breaks and we need to improve our difficulty but we made a big step in the compulsory and we qualified in the Olympic Games."

John Lynch said, "We didn't perform at the highest level today and that's what we needed."

The team qualified Kucharski, Blaine Wilson and Li Xiaoshuang in the all-around finals. Li Xiaoshuang scored 56.555 and finished fourth in the all-around final. Li Xiaoshuang was named team captain and Kucharski was named team captain.

Other interesting notes: Germany moved from fifth at last year's World Championships to seventh place. Ukraine lost Yevgeny Korovin when he was injured in their qualifying rounds and the team moved from third to fifth. Belarus lost Alexander Shchegolev who was injured in his first round of the competition before and moved from fourth to sixth. Japan took a big lead up from sixth at last year's World Championships to second this year.



BLAINE WILSON

Kucharski said, "I'm satisfied with my performance. Kucharski (Li Xiaoshuang) competes today and I'm at the score level as he. I hope I can compete with him next year and then the all-around will be more exciting."

When asked if Kucharski was also at the team level, Kucharski said, "We have good gymnasts you have to be good on all the events, they're not good on days."

Kucharski responded saying, "We had a couple of shoulder injuries and I think we're working on them. Besides, I don't think my legs are so good and I have one year until the Olympic Games."

Kucharski who finished fourth in the all-around during team competition, did not qualify in the all-around final since he finished 55th in compulsory.

Blaine Wilson was the top leader in the all-around for the U.S. team, Wilson, who fell on his parallel bars dismount, finished 25th with a score of 58.755.

Coach Kucharski said, "The new World Team Championships, he had only two breaks in 18 routines. We'll go back and work a little harder but there will be a good gift here."

Kucharski finished 55th with a score of 55.55. He had two falls on his floor and one on his high bar. Kucharski was in a bad mood to compete in the all-around final and he missed a double back dismount on floor but landed short.

His only completed 3 vault and he finished at the 1995 U.S. American Games. Kucharski said, "This was the end of the road."

John Lynch finished 31st in the all-around with a score of 55.355. He had one break on parallel bars when he



LI XIAOSHUANG

LI XIAOSHUANG WINS ALL-AROUND

China's Li Xiaoshuang won the all-around with a score of 59.555. He defeated World and Olympic Champion, Nelly Schmitz from Belarus who scored a 57.400. Russia's Sergei Karlov finished third with a 57.350.

and down on his stomach. Ironically, the parallel bars event is typically dominated by the male most likely on parallel bars at the 1992 Olympic Games.

He won a 1985 world and European "Iron Man" championship for his feat. It's great parallel bars routine the proud of all the boys.

SCHERBO BREAKS WORLD RECORD

Vasily Scherbo, 1992 World Champion and 1992 Olympic Games on male World Championships history for winning the most gold medals. He won the gold on floor and parallel bars with a score of 9.925 and he was the bronze medalist on vault with a 9.862.

His in World's 1991 masculine World Championships to medal on floor and his second masculine gold medal. Azerbaijan took second in Scherbo on floor with a 9.775 and Ukraine Sergey Medvedev took third with 9.762.

Scherbo's in Bulgaria, originally from China took first on pommel horse with a 9.762. Bulgaria tied for third on pommel horse at the 1994 World Championships. Chinese Hong Kong and Japanese Naohito Arakawa took for second with a 9.731.

Mihai Bagiu carried a 9.800 on parallel bars to tie for 1993 place.

"I was just not with my routine," said Bagiu. "I don't expect to medal tonight, my routine is worth a 9.800. I only had 1993 championships on I was very happy that year I have a 9.800 routine."

Italy's Ben Oniz was his third consecutive world title on rings with a 9.850. Romania's Dan Bulescu won second and Singapore's Jordan Juchacz was third. John Roethlisberger took eighth with a score of 9.528. He said "I was one of the highlights of my career making rings finals. I had a great time. I hope I go to do it again. It was nice to see the World Championships on a good site."

Rocco and Muzina tied for first on vault with a 9.735.

On parallel bars Scherbo won his second World Championships gold medal on the event. He won his first gold in 1993. Chinese Wang Lipeng took second with a 9.750 and Japan's Mitsuo Tanaka took third with 9.725.

Germany's Andreas Wecker took first on high bar with a 9.882 and Matsuda took second with 9.775. There were in the bar stand between Bulgarian Gerasim Balinov and Belarus Shura Jorjag.

THE WORLD CHAMPIONSHIP SCHEDULE

DID YOU SEE THAT!!!

JOHN ROETHLISBERGER



WOW

"THE TEAM DID WELL TONIGHT. WE HAD SOME BREAKS AND WE NEED TO IMPROVE OUR DIFFICULTY BUT WE MADE A BIG STEP IN THE COMPULSORYS AND WE QUALIFIED TO THE OLYMPIC GAMES."

—PETER D'AMICO

MIHAI BAGIU



JAIR LYNCH



WE ASKED SOME OF THE U.S. DELEGATION MEMBERS WHICH SKILL OR ROUTINE AT THE 1995 WORLD CHAMPIONSHIPS WAS THE MOST MEMORABLE. HERE'S THEIR LIST:

KERRI STOLDS
Steve Nae from France does a full front dismount on the bars to a swing down back lay circle. As there she does a German pike to tuckles.

LOUI FORSTER
Roman's Dan Popelagova did an Arabian double front pike front on floor.

KERRI STOLDS
The Chinese impressed us because they have executed all of their routines, especially with Ana As. He takes double tuckles tuckles with.

ANDREI POIKEN
I thought the US was most impressive, especially how they handled the Japanese and the bronze medal.

Ana Svetlana Churlov's one-and-a-half twist pike. Roko on floor and the Italian women's dance on floor.

PEDDY LIDGICK
Lia Polakopova from Ukraine does a double front tuckles and dismount on bars—the system of proper technique.

KIP SIMONS
The guy from Romania who did a triple twisting double layout off high bar.

JOHN ROETHLISBERGER
Mihai Bagiu's double layout pike back took on floor.

BLAINE WILSON
Mihai Bagiu's full twisting tuckles back on high bar.

BRIAN YEE
Mihai Bagiu's giant pike double back on parallel bars.

RON BRANT
Lia Polakopova's one and a half twisting double layout off high bar.

MIHAI BAGIU
Lipeng Popelagova (RUS) took back on floor in warm-ups.

MAS WATANABE
Francesco Lopez's (ESP) Romanian double back on vault.

MARK WILLIAMS
The US's compulsory routine.

JAYCE PHELPS
Svetlana Churlov's bar routine because of her difficulty. Ana Lia Polakopova's floor routine because of her climbing.

DONN THOMPSON
Lia Polakopova's front handspring double front half-out on floor.

THERESA KULIKOWSKI
Lia Polakopova's vault tuckles entry half on front pike half.

MARY BETH ARNOLD
He takes a front over the bar and dismount. Churlov's double layout half-out on floor.

NEIL REDNICK
Svetlana Churlov's one-and-a-half twist to back on bars. She lay on standing on high bar. Also Sereia Anisimova's tuckles double twist into the vaulting mat.

Golden Pommel

Russia's Alexander Shchegolev and Romania's Alexandra Marinescu were the all-around at the IBM Atlanta Invitational on November 17. The event was conducted in the Georgia Dome, the site of the 1996 Olympic Games gymnastics competition.

USA's Blaine Wilson won rings and earned the silver medal in the all-around, just missing the gold by .05. Wilson said, "I was happy with my performance. I didn't expect to do that well because I've been putting a lot of time in the gym working on new skills, and I didn't have a lot of time to work routines prior to the competition. But I'm glad I did well. It was fun and a good experience for me."

Coach Peter Bracken said, "Blaine did a great job. He had a small mistake on his floor exercise dismount that prevented him from winning the competition. He competed well and it shows that the U.S. guys are getting better—Blaine's a good example. There were some of the finest gymnasts in the world at this event. Jiri Tominak also did a wonderful job taking fifth. He was only about four tenths out of first place."

By Scores and Medal Points also competed in the event. Scores earned the silver medal on rings.

On the women's side, Mikaela Hartung was the gold medalist on vault. She said, "I didn't expect to win vault. I was having a little trouble with my vault the weekend of the event. But it just all came together during the event. I was very excited."

Kate Lili did a great job on three of the four events, but had problems on vault which dropped her to fifth all-around.

Look for results on next page!

Blaine's all-around victory



USA 1996



Blaine Wilson

Mikaela Hartung



Blaine's all-around victory

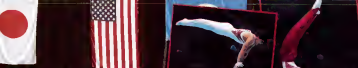


I DIDN'T EXPECT TO DO THAT WELL BECAUSE I'VE BEEN PUTTING A LOT OF TIME IN THE GYM WORKING ON NEW SKILLS...—BLAINE WILSON

WILSON EARNS SECOND ALL-AROUND

Alexandra Marinescu





MEN'S ALL-AROUND

1. Alexander Medvedev	299	5.925	5.925	5.925	5.925	5.925	5.925	5.925	5.925
2. Sergei Witkov	296	5.750	5.750	5.875	5.875	5.875	5.875	5.875	5.875
3. Deyan Yordanov	293	5.625	5.625	5.750	5.750	5.750	5.750	5.750	5.625
4. Andras Erdos	290	5.500	5.500	5.625	5.625	5.625	5.625	5.500	5.500
5. Jan Lech	289	5.625	5.625	5.750	5.625	5.625	5.625	5.625	5.625
6. Andrei Gerasimov	287	5.625	5.625	5.750	5.625	5.625	5.625	5.625	5.625
7. Andras Balazs	281	5.500	5.500	5.625	5.625	5.625	5.625	5.500	5.500
8. Albert Rudnevsky	280	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
9. Andras Kovacs	280	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
10. Andrei Malinin	280	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
11. Rostislav Berezin	278	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
12. Ryo Goto	274	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
13. Alexander Belyaev	271	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
14. Jan Lech	269	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
15. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
16. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
17. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
18. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
19. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
20. Andrei Balazs	268	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625

WOMEN'S ALL-AROUND

1. Alexandra Andrianova	258	5.812	5.812	5.812	5.812	5.812	5.812	5.812	5.812
2. Natalia Gerasimova	255	5.687	5.687	5.687	5.687	5.687	5.687	5.687	5.687
3. Irina Vlasova	253	5.625	5.625	5.625	5.625	5.625	5.625	5.625	5.625
4. Elena Gerasimova	250	5.500	5.500	5.500	5.500	5.500	5.500	5.500	5.500
5. Elena Gerasimova	249	5.437	5.437	5.437	5.437	5.437	5.437	5.437	5.437
6. Natalia Gerasimova	248	5.375	5.375	5.375	5.375	5.375	5.375	5.375	5.375
7. Natalia Gerasimova	247	5.312	5.312	5.312	5.312	5.312	5.312	5.312	5.312
8. Natalia Gerasimova	246	5.250	5.250	5.250	5.250	5.250	5.250	5.250	5.250
9. Natalia Gerasimova	245	5.187	5.187	5.187	5.187	5.187	5.187	5.187	5.187
10. Natalia Gerasimova	244	5.125	5.125	5.125	5.125	5.125	5.125	5.125	5.125
11. Natalia Gerasimova	243	5.062	5.062	5.062	5.062	5.062	5.062	5.062	5.062
12. Natalia Gerasimova	242	5.000	5.000	5.000	5.000	5.000	5.000	5.000	5.000
13. Natalia Gerasimova	241	4.937	4.937	4.937	4.937	4.937	4.937	4.937	4.937
14. Natalia Gerasimova	240	4.875	4.875	4.875	4.875	4.875	4.875	4.875	4.875
15. Natalia Gerasimova	239	4.812	4.812	4.812	4.812	4.812	4.812	4.812	4.812
16. Natalia Gerasimova	238	4.750	4.750	4.750	4.750	4.750	4.750	4.750	4.750
17. Natalia Gerasimova	237	4.687	4.687	4.687	4.687	4.687	4.687	4.687	4.687
18. Natalia Gerasimova	236	4.625	4.625	4.625	4.625	4.625	4.625	4.625	4.625
19. Natalia Gerasimova	235	4.562	4.562	4.562	4.562	4.562	4.562	4.562	4.562
20. Natalia Gerasimova	234	4.500	4.500	4.500	4.500	4.500	4.500	4.500	4.500

WOMEN'S RESULTS

VOLLEY		
1. Natalia Gerasimova	255	5.687
2. Irina Vlasova	253	5.625
3. Elena Gerasimova	250	5.500
PARALLEL BARS		
1. Natalia Gerasimova	255	5.687
2. Irina Vlasova	253	5.625
3. Elena Gerasimova	250	5.500
4. Natalia Gerasimova	248	5.437
5. Elena Gerasimova	246	5.375
6. Natalia Gerasimova	244	5.312
BALANCE BEAM		
1. Natalia Gerasimova	255	5.687
2. Irina Vlasova	253	5.625
3. Elena Gerasimova	250	5.500
4. Natalia Gerasimova	248	5.437
5. Elena Gerasimova	246	5.375
6. Natalia Gerasimova	244	5.312
FLOOR EXERCISES		
1. Natalia Gerasimova	255	5.687
2. Irina Vlasova	253	5.625
3. Elena Gerasimova	250	5.500
4. Natalia Gerasimova	248	5.437
5. Elena Gerasimova	246	5.375
6. Natalia Gerasimova	244	5.312

MEN'S RESULTS

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18. Andrei Balazs	268	5.625
19. Andrei Balazs	268	5.625
20. Andrei Balazs	268	5.625



Jan Lech



Andras Balazs



How much was just featured in the December/January issue of *USA Gymnastics* magazine not, is expected, he continues to improve and do not.

WHAT HAVE YOU BEEN FOCUSING ON AT TRAINING?

I'm upgrading almost every routine from the 1995 World Championships. I'm doing really good double layout on floor for my event, a backflip layout front roll on vault and I did my new rings and pommel horse routines in the IBM Atlanta Invitational. I'll probably use change a few combinations in my routines.

WHAT WAS IT LIKE COMPETING IN THE OLYMPIC FINAL?

I loved the crowd. The fans were great. It was the first time I've competed in front of such a big crowd. I loved it. I'm glad I got the chance to compete on the same equipment that will be used during the Olympic Games.



Jan Lech



1995 JUNIOR OLYMPIC GROUP CHAMPIONSHIPS



The 1995 Junior Olympic Group Championships for rhythmic gymnastics was held October 14-15 in San Francisco, Calif. Sixteen groups participated in this second annual event.

Each group competed the full event twice on Saturday and once on Sunday; the two scores from Saturday were averaged and added to Sunday's score for the total.

In the Novice division for level 4-7 gymnasts the local host, Scherbo's Sports Center, was leading after Day 1. However, an inspired performance on Sunday by Creative Gymnastics II, coached by Wally Stephenson, pushed the group from Oregon into first place. Scherbo's finished second and California Academy II was third.

Competition was also raging in the advanced division which consisted mostly of affiliates levels 8-10. Several current National Team members including Melissa MacInay, Lariel Higo and Doreen Dacan performed with their club's group; the strongest groups, however, were the groups which demonstrated the most synchronization and clean execution. Houston (Illinois I), coached by former USA World Championship Group number



ADVANCED DIVISION (from top): Creative Gymnastics II, Houston (Illinois I) and Creative Gymnastics II.

Champion, Jessica Davis, was in attendance and presented awards to the top three groups. The competition was closed with entertainment by Russian circus performers Igor and Svetlana Scherbo, local hosts who are recommended for organizing a great event.



USA Gymnastics will be introducing the new Compulsory (developed from the old Group Routine) on April 21-22 in the

NOVICE DIVISION (from top): Scherbo's Sports Center, Creative Gymnastics II and California Academy II.

Michelle McElroy Larson, dominated the competition to finish in first place. Creative Gymnastics II took second and third respectively.

Current National

Champion/Washington D.C. also following the Junior Olympic Championships. This workshop will teach the fundamentals of group technique along with the routines.

Future Rhythmic Group events will include both compulsory and optional routines, allowing the coach to decide which category her group gymnasts best fit. Further information about the Group Workshop will be published in Technique magazine, or you can call Marie Campbell or Paula Hillier at 317-237-8690.

RESULTS

NOVICE

1. Creative Gymnastics II (from top) Scherbo's Sports Center, California Academy II
2. Scherbo's Sports Center (from top) Scherbo's Sports Center, California Academy II
3. California Academy II (from top) Scherbo's Sports Center, California Academy II

ADVANCED

1. Houston (Illinois I) (from top) Scherbo's Sports Center, California Academy II
2. Creative Gymnastics II (from top) Scherbo's Sports Center, California Academy II
3. Scherbo's Sports Center (from top) Scherbo's Sports Center, California Academy II

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1995 NATIONAL GYMNASTICS FESTIVAL JULY 7, 1995

SENIOR NATIONALS

1	Jason Brown	27.00
2	Lee Jovan	26.90
3	David Whitford	26.80
4	Matthew Nelson	26.60
5	Robyns Hall	26.50
6	Chris Fendler	26.20
7	Henry Badi	26.10
8	Ryan Bly	26.00

JUNIOR NATIONALS

1	Josephie Badi	26.70
2	Kate Bly	26.60
3	Grace Bradley	26.50
4	Robert Badi	26.40
5	Madeline	26.30
6	Kevin Campbell	26.20
7	Caroline Pabon	26.10
8	Joseph Badi	26.00
9	Robert Badi	25.90
10	Kevin Badi	25.80
11	Kevin Badi	25.70
12	Kevin Badi	25.60
13	Kevin Badi	25.50



Ragan Boudo

BOLAND BANK INTERNATIONAL CHALLENGE

Gymnast Reagan Tomasek made her first international trip to South Africa for the Boland Bank International Challenge. She was accompanied by her coach Keith Hill, and judge Kerrie Kordon Wood.

There were two competitions in South Africa. The first was in Capetown, October 27-28, and the second was in Pretoria, November 3-4. Tomasek did an outstanding job on her first international assignment taking second all-around in both competitions. In the first competition she finished third on vault, second on bars, first on beam, and fourth on floor. In the second competition she finished third on vault, third on bars, second on beam, and first on floor.

CAPETOWN, SOUTH AFRICA

ALL-AROUND

1	Reagan Tomasek	59.00	26.10
2	Debra Tomasek	58.00	25.90
3	Lee Ann Badi	57.00	25.70

PRETORIA, SOUTH AFRICA

ALL-AROUND

1	Lee Ann Badi	59.00	26.10
2	Reagan Tomasek	58.00	25.90
3	Debra Tomasek	57.00	25.70



More than 100 of Derek Umeka, Vito Nino, Anthony Petroselli, Ryan Waggner, Jon Gotsman, Jason Gotsman, Perla Smith, David Furry, Anne Hylt.

USA/CANADA JUNIOR COMPETITION NOVEMBER 4, 1995

ALL-AROUND

1	Alondra Miller	59.00	26.10
2	Sam Gotsman	58.00	25.90
3	Kevin Smith	57.00	25.70
4	Salvador Lopez	56.00	25.50
5	Anthony Petroselli	55.00	25.30
6	Sam Badi	54.00	25.10
7	Sam Badi	53.00	24.90
8	Kevin Smith	52.00	24.70

TEAM POINT AND HOOP COMPETITION

1	Sam Gotsman	58.00	25.90
2	Sam Badi	57.00	25.70
3	Sam Badi	56.00	25.50
4	Sam Badi	55.00	25.30
5	Sam Badi	54.00	25.10
6	Sam Badi	53.00	24.90

The young but strong USA team placed third two points behind Canada after the second round of competition. However, in the end, the USA team defeated Canada by more than four points, 268.80 to 262.45.

USA, Gymnastics Men's Program Director Ron Goldmann

said, "The USA Junior Team averaged 1-2 years younger than the Junior Team from Canada. Our guys had a little trouble on floor, but rolled with strong performances on rings and high bar to take the lead for good."

Sam Gotsman took first on floor (9.20) and first on vault (9.50). Freddie Umeka took second on parallel bars (8.84) and high bar (9.40). Anthony Petroselli took third on vault (9.20). Ryan Waggner tied for second on rings (9.00). Daniel Furry took second on floor (9.15) and third on parallel bars (8.84). Jason Gotsman took first on parallel bars (9.09), tied for second on rings (9.00), and tied for third on high bars (9.20).



Will from warming up for competition.



GUATEMALA AMISTAD '95 GUATEMALA CITY, GUATEMALA NOVEMBER 2-5

Gymnasts Lea Carver and Misty Black from Phoenix Sunnys, Delina Mink from SCATS, and Marie Ann Esposto from Hill's Angels made their first international trip to the Guatemala Amistad in Guatemala City, Guatemala. Coach Dan Wittenstein and judge and delegation leader Neela Nibben escorted out the U.S. delegation.

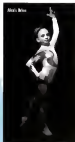
The USA team took third behind strong teams from Romania and Russia. Mink finished seventh in the all-around, fourth on bars and fifth on vault. Esposto took 11th in the all-around, eighth on vault and fifth on beam.

TEAM

1. Romania	19.00
2. Russia	18.00
3. USA	17.00

ALL-AROUND

1. Delina Mink	32.0	20.00
2. Delina Mink	32.0	19.00
3. Vanessa Johnson	30.5	21.00
4. Carin Esposto	30.0	20.00
5. Delina Mink	30.0	20.00
6. Esposto	30.0	20.00
7. Mink	30.0	20.00
8. Esposto	30.0	20.00
9. Esposto	30.0	20.00
10. Esposto	30.0	20.00
11. Esposto	30.0	20.00
12. Esposto	30.0	20.00



CATANIA CUP

Vanessa Adler and Delina Graham represented the U.S. at the 1995 Catania Cup in Catania, Italy, November 18-19. Coaches Stephen Ryback and Scott Burr made the trip along with judge Maria DeCristoforo.

In the all-around competition, Adler took fifth and Graham ninth.

The top six athletes on each event, with a limit of one per country, were invited to event finals. Adler finished second on vault, fourth on beam, and third on floor. Graham took fourth on bars.



ALL-AROUND

1. Delina Graham	32.0	20.00
2. Delina Graham	32.0	19.00
3. Delina Graham	32.0	19.00
4. Delina Graham	32.0	19.00
5. Delina Graham	32.0	19.00
6. Delina Graham	32.0	19.00
7. Delina Graham	32.0	19.00
8. Delina Graham	32.0	19.00
9. Delina Graham	32.0	19.00
10. Delina Graham	32.0	19.00
11. Delina Graham	32.0	19.00
12. Delina Graham	32.0	19.00

Adler: right Vanessa Adler

Graham: right Delina Graham

Adler: left Vanja

SUBWAY WORLD GYMNASTICS CHALLENGE

Gymnasts Jari Lynch, Rip Simon, and Alexis Simon, along with coaches Miles Avery and Jan Walker and judges Dan Bachman and Marilyn Cross, made the trip to the Subway World Gymnastics Challenge. The event took place in Hamilton, Ontario, Canada, November 12, 1995.

Simon took 10th in the all-around, Lynch took fifth and Simon was 11th. Although awards were not presented for individual events, Lynch took second on vault, third on pommel horse and fourth on parallel bars and rings, while Simon took second on rings.



Simon: right Rip Simon

MEN'S ALL-AROUND

1. Jari Lynch	32.0	19.00
2. Rip Simon	32.0	19.00
3. Rip Simon	32.0	19.00
4. Rip Simon	32.0	19.00
5. Rip Simon	32.0	19.00
6. Rip Simon	32.0	19.00
7. Rip Simon	32.0	19.00
8. Rip Simon	32.0	19.00
9. Rip Simon	32.0	19.00
10. Rip Simon	32.0	19.00
11. Rip Simon	32.0	19.00
12. Rip Simon	32.0	19.00

WOMEN'S ALL-AROUND

1. Jari Lynch	32.0	19.00
2. Rip Simon	32.0	19.00
3. Rip Simon	32.0	19.00
4. Rip Simon	32.0	19.00
5. Rip Simon	32.0	19.00
6. Rip Simon	32.0	19.00
7. Rip Simon	32.0	19.00
8. Rip Simon	32.0	19.00
9. Rip Simon	32.0	19.00
10. Rip Simon	32.0	19.00
11. Rip Simon	32.0	19.00
12. Rip Simon	32.0	19.00

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FOCUS in the gym

ROBERT REESE LINCOLN, NEW YORK

Robert, 17, attends George Ballou Gymnastics and is a Level 10 gymnast. He coached by Jose Miller and Tony Smith. He started competing last year and went to the New York State Finals. He is looking forward to going to state next spring this year. He has won one high bar and vault.



KELLY RATIC MAYFARDE, INDIANA

Kelly, 14, goes to EAGLE National gymnas and went to Nationals this year. She competed at the 1995 and 1996 State level she took fourth on bars, vault on floor and 12th on rings. At the 1993 Nationals she took second on bars. She has been named for the past two years for the women's national team of WorldSkills Gymnastics, Summer Games. Kelly also earned the distinction of All American Quarterback in the summer of 1995.

KIM WISE GARDEN CITY, MICHIGAN

Kim, 13, has been developing her skills for two years at the level of Ballou's Gymnastics. She is a Level 1 gymnast and hopes to be in the Olympics some day. She is a member of the Garden City team.



HEATHER PETERSON SPRINGFIELD, FLORIDA

Heather, 11, has been doing gymnastics for three years. She is a member of the USA All Stars. She is a member of the Florida State All Stars. She is a member of the Florida State All Stars. She is a member of the Florida State All Stars.

Reebok



FLYAWAY DISMOUNT ON BARS

BY MICHAEL GOODMAN

John Wojtowich
Coach of North Stars Gymnastics
in New Jersey

A key factor to remember on the flyaway dismount is that the swing develops the rotation—the more swing, the more rotation. On the release, the axis of rotation shifts from the bar to the center of gravity of the gymnast. Flight off the bar is tangential to the point of release—let go early and you have a low flat flyaway, let go late and you hit the bar. Arms (or pits) should be extended in an almost straight line through the head and hips, with the head neutral at release. Hips are tucked under in a “canted” position. The head looks back only after a half salto is completed, spotting the ground for the landing.

DRILLS

STRENGTH

Lower Body Flex Curls and Hanging Lower Body Curls

FLEXIBILITY

Should have good shoulder flexibility to end with arms the arms in correct position on the release of the flyaway

LEAD-UP SKILLS

Correct technique on a back salto on floor and/or trampoline—head neutral and not thrown back. A back pommel on trampoline, or back drop back pommel to front, is also helpful for awareness. A strong, arched top swing, using the pit to learn, is also a good idea.



WITH A SPOTTER

From 2-4 arched top swings, swing low, wide and release with a hollow body at the top of the swing. The spotter holds the gymnast to prevent rotation, and sees gymnast safely down to foot take on 8-inch mat. (This drill is good for 8 to 10-year olds. For older girls, you may need to use a spotting ball.) Release at the “top” of the swing (not before a dip) with no stretched and head neutral with your body on a slightly rounded shape. Repeat this to a solid flyaway with a spot and then eventually alone. Also try using a mat in front of the flyaway.



Above: Lower Body Flex Curls



Above: Hanging Lower Body Curls

COMMON PROBLEMS

Too low top swing in flyaway (missing the flip). Head looks too soon (not looking on toes or knees on release). Be careful the spotter doesn't get over the back (hold it in side exercise too). Spotters should be ready for flip.

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1996 WOMEN'S INDIVIDUAL WORLD CHAMPIONSHIPS SELECTION PROCEDURES

December, 1995

I. QUALIFICATION

- A. The 1995 World Championships Individual Medalist will be invited to represent the USA at the Individual World Championships.
- B. Open slots up to four (4) will be determined from the American Classic.
- C. The American Classic is scheduled in February 1996 in Tulsa, Oklahoma and will be the site of the Individual World Championships Trials.
- D. The all-around score for the American Classic will be determined by combining Basic Compulsory exercises (BCS) and Optional exercises (OS).
- E. Competitive B rules will be applied for American Classic scores and Place Scores. Medals will be awarded for the 1996 BCS Ranking Rules.
- F. Qualifications will be based on the Optional Code Series, provided that the athletes finished in the top seven (7) in the all-around (combined compulsory and optional) rank order.

II. COACH SELECTION

- The Head Coach and the Assistant Coach will be determined by the Selection Committee and the President of USA Gymnastics after the team has been determined. Head coach has the following criteria:
- Previous team leadership ability
 - International experience

- Number of athletes on the team

III. COMPETITION LINE-UP

Competition line-up will be determined by a vote of the World Championships Coaching staff and personal coaches in attendance. Decisions finality by the Head Coach.

Approved by the USA Gymnastics Executive Committee

1996 WOMEN'S OLYMPIC TEAM SELECTION PROCEDURES

L. OVERVIEW

The process for qualifying for the Women's 1996 Olympic Team involves the following sequence of events:

1. Qualifying for the 1996 Coca-Cola National Championships either at the American Classic or the U.S. Classic, or at a long-term selection of the 1995 World Championships team.
2. Qualifying to the Olympic Trials through the National Championships, and
3. Qualifying to the top seven all-around at the Olympic Trials.

II. SCORING

The all-around scores for each of the events where a partial floor exercise process (the American Classic, the U.S. Classic, National Championships and the Olympic Trials) will be determined by combining only compulsory exercises (training for BCS) and optional exercises (training for OS).

III. 1996 COCA-COLA NATIONAL CHAMPIONSHIPS

- A. Qualification to Participate in the Championships

1. An athlete may qualify to participate in the National Championships through the USA (the National team) and then the American Classic or the U.S. Classic. The American Classic is scheduled for February 1996 in Tulsa, Oklahoma, and the U.S. Classic is scheduled for May 1996 in a yet to be determined.

2. The eight gymnasts who comprise the 1995 World Championships Team automatically qualify into the 1996 National Championships.

3. Time and place

The 1996 National Championships will be conducted in June 2-4, 1996 in Knoxville, Tennessee.

IV. OLYMPIC TRIALS

- A. Qualification to Participate

The top 14 finishers from the National Championships will qualify for the Olympic Trials. In the case of a tie for 14th place, the athletes tying for that place will each qualify for the Olympic Trials. Any athletes whose names do not appear in the Olympic Trials accepted (see Section II below) will compete in the Olympic Trials as an athlete in the 14 athletes qualified through Championships. In the event an athlete who qualified for the Olympic Trials from the National Championships is unable to advance to participate at the Trials, and as a result the total number of athletes (including potential additional competitors in the Olympic Trials drops below 14, the qualified athletes will be replaced by athletes who will be entered in rank order from position 15 at Championships. There will be no replacement for potential athletes.

- B. Time and place

The Trials will be conducted on June 23-28, 1996 in Irvine, Massachusetts.

V. SELECTION OF THE OLYMPIC TEAM

The final determination of the seven athletes who will represent the United States at the 1996 Olympic Games will be made at the Olympic Trials. The top seven athletes in each order from the combined all-around

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If one of the two women genetically is linked either from National Championships (figure 1a) or from the National Championships, her pregnancy is worked by a physician approved by USA Gymnastics, and the patient is then required for National Championships, were not to be named by Olympic Trials. This case is entered into the all-around results just prior to the start of the Olympic Trials. If her best score came from National Championships remains within the top 10 scores entered all-around scores from Trials, she also earned one of the seven slots on the Olympic Team.

As the use will be for the first part of the program from the 10 and 15 minutes as follows:

- First – the highest of several respiratory zones
Second – the highest three most respiratory zones taken
Third – the highest three most utilized zones total

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58 | **RESEARCH REPORT**

Interpreting the process identified in the preceding section of three Galician *Residencia*, *ESA* researchers recognize that interventions and outcomes themselves may vary as a result of social or ethnic differences depending on a person's ability to be able to get objects in one or more of the steps in their process. Accordingly, *ESA* researchers will allow children to utilize *ESA* Dynamics for the right to (a) participate in the National Championships, (b) participate in the Olympic Games, or (c) to play in the Olympic team. The procedure requires each outcome, as an indicator.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

1. In the United States, Olympic athletes who are members of the 1995-96 Senior Women's National Team may continue to enter the United States Olympics.
 2. In Olympic trials, only athletes who were members of the team representing the United States at the 1995 World Championships in Asia qualified during the last night of second jumps at the United States or U.S. Olympic trials to enter the Olympic trials.
 3. In the Olympic trials, only athletes who have qualified by competition or points (not the Olympic trials) may continue to be placed in the Olympic Team without participating in completing the Olympic trials.
- B. Effect of Participation/Veto:**
1. An athlete who competes, competes in one of the qualifying events and does not qualify for the rest of the season period, may not request a petition which is added to the rest of the season. For example, an athlete who competes at the United Championships and United Trials may not continue to compete while adversely affecting performance in the leading to the Olympic Trials.
 2. An athlete who advances a petition may not subsequently participate in the competition who is the subject of the petition. For example, an athlete who has a petition to be placed on the Olympic Team, along or subsequently to competition which prevents him from competing in the Olympic Trials, may not then participate in the Olympic Trials. If his petition is denied.
- C. Enforcement and Enforcement Committee:**
- Before a petition may be granted, the petitioning athlete must declare that:
1. An injury, illness or other sufficient circumstances exist which prevents him from competing in or completing one of the qualifying events; and
 2. The petition was submitted in cases as practiced (the athlete himself made of the injury, illness or other adverse case circumstances).
- D. Petition Enforcement:**

- 1 In order to be considered, petitions must be submitted by writing to Elia Symeonides as soon as possible after the official election date; no later than 15 days after the election.
- 2 The petition must state the specific injury, illness, or serious circumstance which prevented the citizen from participating in the campaign.
- 3 Petitions will be handled by the Selection Committee (Elia Symeonides, International President, the Elia Impact Committee Chairman, the Illinois Representative and the National Program Director) in conjunction with the Elia Committee Specialist.

THE ASSOCIATION OF THE THREE DISTRICT TEACHERS' COLLEGES

The Head Coach and the Assistant Coach for the 1994 Olympic Team (one of whom must be a woman) will be selected immediately after the first Team Selection by the Selection Commission based upon the following criteria:

- Proven team leadership ability
- International experience
- Number of athletes on the 1986 Olympic team
- Fulfilling the necessary criteria established by USA Gymnastics including:
 - professional experience in general coaching
 - current USA Gymnastics Safety Certification
 - obtained National Team training credits for national and junior division athletes

TABLE 1

An affidavit is usually only to be obtained from the Olympic Team or from any one of the persons for selecting the team, if the United States is a signatory of the 1976 European National Team Agreement (the rules of the affidavit is Olympic Team Certificate) agreement in the case of the United States, including the Code of Ethics incorporated into that Agreement. An affidavit may also be obtained from the Olympic Team in the case of injury in those which submit, performance of the Olympic Committee. Violations of injury in those will be by two factors outlined by the United States and approved by the United States Olympic Committee.

An athlete who is placed on the Olympic team by petition as a result of illness or injury must demonstrate his readiness to compete in the Olympic Games prior to the start of the Games and must agree to submit to an examination of his injury or medical condition by doctors selected by USA Gymnastics and approved by the United States Olympic Committee. Involuntarily only may be taken by action of the majority of USA Gymnastics after consultation with the United States Olympic Committee and its attorneys with the athlete and her coach. Any and all injury to members of the team is subject to litigation through USA Gymnastics Insurance Association.

DOI: 10.1002/for

These Selection Procedures have been reviewed and approved by ICAEW and the United States Women's Committee.

Each athlete and coach participating in the process in selecting the Olympic team as outlined in these Selection Procedures has carefully reviewed, understood and agrees to the terms of these Procedures. His understanding and agreement is reflected by the signature of the athlete and coach on one of these Selection Procedures.

FROM: CS@STUDY.COM TO: CS@STUDY.COM SUBJECT: CS@STUDY.COM

The Board Council and the District Council for the 1994 Olympic Games (List of winners must be a request) will be selected immediately after the final team selection by the Selection Committee based upon the following criteria:

- proven team leadership ability
- international experience
- number of children on the FIFA-olympic team
- holding the necessary criteria established by FIFA Symposium, including:
 - professional members in good standing
 - current FIFA Symposium Society Certification
 - attended National Team Meeting under the national team coach's supervision

1996 MEN'S INDIVIDUAL EVENT WORLD CHAMPIONSHIPS SELECTION PROCEDURES

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1. **THEORY**

6. The 1994 Women's Cup Challenge to be held February 2-3 will be used as the qualifying competition to the 1995 Intercollegiate Event World Championships.

- D Individual or groups, with or without breeding all-around gymnasts, using optional scores with their Program Committee can all participate, only from the 1994 World Cup Challenge will be restricted by the International Program Committee to compete in the 1994 Individual World Championships.
- E The top three of overall gymnasts, based on results after optional or standard scores only in the 1994 World Cup Challenge will be invited to participate in the 1994 Individual World Championships based on optional scores and also scores by the World Program Committee at the conclusion of the World Cup Challenge is a maximum of five additional gymnasts will be invited to participate in the 1994 Individual World Championships.
- F Competitors in the 1994 World Cup Challenge will qualify to compete more than in individual World Championships (working pairs) where the World Cup Challenge will select 500 sets with the World Program Committee approved agreed arrangements. In addition, two results will be required for Individual World Championships entries.
- G Athletes in the 1994 Individual World Championships will only be invited from athletes who finished in the top 10 all-around or qualified for Individual event finals at the 1994 World Championships. Athletes should be submitted and approved by the World Program Committee by February 2, 1995 or within 10 hours of the conclusion of the World Cup Challenge on the basis of injury or exceptional situation which occurs at that competition. Athletes must be completed by the week and include a doctor's statement or explanation of emergency or exceptional situation. Athletes which is submitted late or on an exceptional basis will be considered all athletes who subject to the World Program Committee approval.
- H An athlete may be removed from the World Championships team as a result of injury or illness which hinders top performers of the World Championships. Notification of injury or illness will be by two doctors selected by the International Committee and approved by the United States Olympic Committee. Removal may only occur by order of the President of USA Gymnastics after consultation with the World Program Committee, USA Gymnastics World Staff and an interview with the athlete and coach.

10. **CONCLUSIONS**

L. The final vote for the 1996 Individual Event World Championships will be the 1996 Olympic Team Graded voteable. If the 1996 Olympic Committee is not available, then the nearest possible members of the 1996 Individual Event World Championships team members will vote to determine the final vote. The Star's National Committee will vote for the final vote only in the event of a tie vote.

- g. The 1996 Individual Great World Championships Amateur Series will be hosted by the Royal Canoe at the conclusion of the 1996 Winter City Challenge.

III. COACHING STAFF DUTIES

A. Head Coach

- The training plan for the World Championships team will be developed by the Men's National Committee and World Championships Head Coach through consultation with the personal coaches of the National Team, and will follow the Program Committee guidelines in using the proposed coaches. The Head Coach has the responsibility for selecting the training plan as needed after a consultation with the personal coaches of the World Championships team members and the Men's National Committee.
- Work with the personal coaches and the Men's National Committee and establish the 1996 World Championships team lineup. In the event that agreement is not reached, the USA Gymnastics Men's National Committee will make the final judgment.
- Be responsible for following all FIOC, IOC, USA Gymnastics, and IFSC guidelines regarding all areas of the World Championships team including, but not limited to: athletes, behavior, maintaining professional policies, and public relations.

B. Assistant Coach

- It is the duty of the Assistant Coach to provide logistical and administrative support in all areas of the World Coach.

1996 MEN'S OLYMPIC TEAM SELECTION PROCEDURES

I. OVERVIEW

The process for qualifying for the Men's 1996 Olympic Gymnastics team occurs in the following:

- qualifying for the Olympic Trials through the Cross-Country National Championships
- qualifying among the top-7 gymnasts among a combined total with 40% of the scores from the Championships and 60% taken from the Olympic Trials.

All athletes who perform directly in the Olympic Trials will have the same score as 100% of the total. The reason for partial credit of certain gymnasts who score from the Olympic Trials is greater than both the other gymnasts' Trial Team score and the other gymnast's 40/60% score from the Championships and the Olympic Trials.

II. GENERAL INFORMATION

A. Timing

- All athletes will be on site for the events which are part of this selection process (the National Championships and the Olympic Trials) will be announced by publishing this selection procedure (leading to 1992) and optional resources (leading to 1992).

B. Rules

- Participation in the National Championships in the Olympic Trials other than through the competitive process described, will be considered entry by the Men's Program Committee. In order to be considered by the Men's Program Committee, athletes in participation in the National Championships or the Olympic Trials, must be submitted in writing to USA Gymnastics' National Office in the form of a letterhead document of its selection procedure, or complete in the applicable information. The parties must state the specific injury (ies) or medical condition (s) which prohibit the athletes from participating in the competitive process. In the case of a patient based upon an injury or illness the physician must also accompany by a physician's statement and the nature and extent of the injury (or illness) is subject to verification by a medical doctor selected by USA Gymnastics and approved by the USA Gymnastics Medical Committee. Under no circumstances will an athlete who does not compete at the Olympic Trials be considered into the Olympic Team.

III. 1996 CROSS-COUNTRY NATIONAL CHAMPIONSHIPS

A. Qualification to Participate in the Championships

- All athletes may qualify independent National Championships through USA approved qualifying competitions.
- Applied members of the National Team from the 1996 World Cup Challenge will automatically qualify in the 1996 National Championships.
- Time and Place: The 1996 National Championships will be conducted in June of 1996 in Knoxville, Tennessee.

IV. OLYMPIC TRIALS

A. Qualification to Participate

- The top 12 athletes from the 1996 National Championships will qualify for the Olympic Trials. In the case of a tie in the 12th place, the athletes tied for the place will each qualify for the Olympic Trials. Any athletes who perform better in the Olympic Trials will be in addition to the athletes qualified through the Championships.
- Time and Place: The Trials will be conducted on June 27-30, 1996 in Boston, Massachusetts.

B. Selection of the Olympic Team

- The top seven athletes in each event at the completion of the Olympic Trials will represent the United States in the 1996 Olympic Games unless otherwise stated in the provisions stated in section IV. The tie will be broken by the following:
 - Highest weighted all-around compulsory score from the final trials.
 - Total of two best scores from the compulsory competition at the final trials.
 - Total of two best scores from the compulsory competition at the final trials.

V. SELECTION OF OLYMPIC TEAM COACHES

The head coach will be selected at the 1992 National Championships by the USA Gymnastics Men's Program Committee, reviewed by the IOC, and approved by the President of USA Gymnastics through the following process:

- Personal coach leadership ability
 - International experience
 - Ability to communicate to the athletes and follow training plan
- Three additional coaches will also be selected by the Head Olympic Coach, reviewed by the IOC, and approved by the President of USA Gymnastics. The Olympic Team Head Coach and the three additional coaches will make up the Olympic Team Preparation Staff. The Olympic Team Preparation Staff will work with the USA Gymnastics Men's National Committee to ensure the goals and training plan for the National Team are followed leading to the Olympic Trials. The final selection for the Olympic Coach for the 1996 Olympic Trials will take place at the Olympic Trials by the Head Coach.

VI. REMOVAL

An athlete or coach may be removed from the Olympic Team or from any one of the process for selecting the team if an athlete's terms of the USA Gymnastics National Team Agreement (in the case of athletes) or Olympic Team Coach Agreement (in the case of coaches), including the Code of Ethics incorporated in each Agreement, are violated. Athletes may also be removed from the Olympic Team in the event of injury or illness which prohibits their participation at the Olympic Games. Notification of injury or illness will only be accepted if the athlete is notified by USA Gymnastics and approved by the United States Olympic Committee. Removal may only occur by order of the President of USA Gymnastics after consultation with the IOC, USA Gymnastics Medical Committee and the athlete or coach. Any decision to remove an athlete or coach is subject to review through USA Gymnastics Governance Procedures.

VII. APPROVAL OF THE CONSENT TO COMPLY WITH THE SELECTION PROCEDURES

These Selection Procedures have been reviewed and approved by USA

Gymnastics and the United States Olympic Committee. Both athletes and coaches participating in the process for selecting the Olympic Team as outlined in these Selection Procedures have carefully examined, understood and agreed to comply by the terms of these Procedures. Their understanding and agreement is affirmed by the signature of the athletes and coaches as a copy of these Selection Procedures.

ACKNOWLEDGMENT

Signatures/Date

President/Committee of 15 athletes in 15 years of age/young/old/Date

1996 RHYTHMIC GYMNASTICS OLYMPIC TEAM SELECTION PROCEDURES

I. OVERVIEW

The Rhythmic Gymnastics Olympic Competition will consist of two events—individual and group. The selection procedures for the two events are different.

The process for qualifying for the Olympic 1996 Olympic Team is the best qualified competition between two steps:

- qualifying for the National Championships through one of two qualifying events
- qualifying for the Olympic Trials by finishing among the top eight US gymnasts in the National Championships
- finishing among the top five (5) gymnasts at the Olympic Trials

The process for qualifying for the Olympic 1996 Olympic Team in the group competition involves two steps:

- finishing among the top eight US gymnasts in the National Championships, or finishing among the top eight US gymnasts in the National Group Training camp, as a member of the 1996 National Olympic Team
- finishing among the top three (3) athletes selected to attend one or two training camps
- finishing among the top three (3) athletes selected to attend the extended training camp
- finishing among the top three (3) athletes selected at the conclusion of the Olympic Team Trials

II. OLYMPIC TEAM—INDIVIDUAL COMPETITION

A. Qualification in the 1996 National Championships

- Each athlete must be a USA citizen, a registered athlete member with USA Gymnastics, and a minimum of 15 years of age in 1996.
- Qualification in the Rhythmic Gymnastics National Championships is through two qualifying events which are open to all and 14 to 15 athletes gymnasts in the United States and are scheduled to take place in July, 1996.
- The 1992 World Championships athletes will automatically qualify into the 1996 National Championships.
- The Rhythmic National Championships will take place in New York, 1996.
- Final results from the 1996 Olympic Trials will be the final results from the 1996 National Championships. The top eight (8) elite gymnasts finishing in eighth place (8) will qualify into the Olympic Trials.

B. Olympic Trials

- The final results from the 1996 Olympic Trials will be the final results from the 1996 National Championships. The top eight (8) elite gymnasts finishing in eighth place (8) will qualify into the Olympic Trials.
- Completion of the Trials will be in two days of final team practice, with each group competing two events each day.
- The judging panel will consist of seven (7) USA Gymnastics. The international judging rules and regulations will be followed.

- Team Selection: The Rhythmic Gymnastics Individual Olympic Team, two (2) athletes, will be selected by each elite based upon a com-



MIKE MORGAN

MAKING A MOVE

FUN FACTS

My Leon Pessink

Mike Morgan began gymnastics when he was four years old. "I had a lot of energy, and my parents didn't want me to hurt myself," said Morgan. "I was flipping around on my bed, so they decided to put me into gymnastics."

Morgan started at Green City gymnastics when the gym was just implementing a boys program. "He went from kindergarten all the way through our program," said coach Keith Pettit.

In 1991 Morgan took 19th at Class II Nationals. In 1992 he took 5th, and in 1993 he moved all the way to 1th, becoming the youngest ever to win the title. In 1994 Morgan slipped Class I and became elite. At the 1994 Coca-Cola National Championships he won the Junior Division, taking 12 for 13 routines. He went on to win the Jr. Pan American Games in Monterrey, Mexico, that same year.

By 1995 he was ready to make his move. He was the only junior competitor to qualify for the senior division at the Coca-Cola National Championships. He finished 24th all-around in the senior division, and just missed

making the Senior National team (however, Morgan's coach was the top score in his age group, so he was placed on Team 2000).

"The what I did I felt pretty good," said Morgan. "I wasn't expecting to be much higher than 20 or 21, but I had two falls—one in compulsory and one in optional."

Morgan then moved back to hometown of Green and Green City Gymnastics to Columbus, Ohio, and Ohio State Gymnastics. "OSU has been a big help," said Morgan. "At Green City Gymnastics I was with a lot of young guys. Now I'm with a lot of guys at the elite level. It helps to push me harder. However, Keith and Mike (Whelan) made me relax. I see today I wouldn't be where I am right now if it wasn't for them. I appreciate all they've done for me."

Pettit returned the compliment saying, "He's a very easy kid to work with. He's also very smart. I think it's hard to be the first kid to come from a program and do well. It should open the doors for a lot of other guys."

Morgan would like to pursue a career in pre-kindergarten or architecture. He enjoys playing and volleyball, hiking and rollerblading in his spare time.

Hometown:

Hometown:

Birth Date:

School:

Coach:

Current Club:

Coaches:

Family:

Hometown:

Hometown:

Birth Date:

School:

Coach:

Current Club:

Coaches:

Family:

Mike's mom and dad are very supportive. He also has a 14-year-old sister, who is involved in the marching band.

INTERESTING NOTES

GOALS IN GYMNASTICS:

My short term goal is to improve my compulsory, especially since the Olympic trials are coming up. My big goals include competing in the Olympic trials and helping OSU win the

NCAA Championships. My long term goal is the 2000 Olympics and making a World Championship team.

Coach Keith (Karras) said, "Mike is a real upper classman and has a lot of heart on each event. He has a high level of difficulty and is willing to watch. He reminds me of a young Ron Bakema. Mike should do really well in the future. He's on Team 2000 and that's a really good thing for him."

"He's a very easy kid to work with. He's also very smart."

"I think it's hard to be the first kid to come from a program and do well. It should open the doors for a lot of other guys."

—Keith Pettit

Green City Gymnastics

COMPETITION RESULTS

1993 East-Cole National Championships, New Orleans, La. (Age 10) (Score: 20.0, 11 and out of 12)

1994 U.S. Pan American Games, Monterrey, Mexico (Age 11, 12, 13 & Team: 2nd-12)

1994 East-Cole National Championships, Nashville, Tenn. (Age 12) (Score: 20.0 out of 22)



MIKE MORGAN

"I had a lot of energy, and my parents didn't want me to hurt myself. I was flipping around on my bed, so they decided to put me into gymnastics."

Kylie
how wrong is...

Students at Fawcett College located in a community near Atlanta, were waving along the Olympic Games and anti-racialist cause, although they will be cheering the USA gymnasts on in victory at the 1996 Olympic in Atlanta.



FUN FACTS

- The IGB was a born artist in Japan as September 10, two weeks prior to competition in order to have on the equipment and get accustomed. The guys applied neon-like paint designs and other ideas in their hotel rooms each day.
- A record number of 34 countries competed in the 1995 World Championships. This number includes 100 gymnasts, coaches and team managers.
- According to the IGB there are 17 national gymnasts around the world.
- Russia first competed in the Rhythmic Games in 1978 and the World Championships in 1974.
- The International Gymnastics Federation is the oldest of the world's sports federations. The IGB was created in 1980 by Russia, Cyprus, Iran, Belgium.
- The president of the IGB, Yuri Tsimbaev, 51, pulled during his career as a general in World Championships and Olympic Games. He competed for the Soviet Union.
- Tim Buggart and Steve Korne may have used the place a little more than usual in this top since they were both planning weddings shortly after their return from the competition. Buggart married in Athens, Greece on October 26 and Korne married Laura Rioson on November 10. Congratulations to both couples!
- During the team competition, Karahidaka hosted each of several in competition and IGB in attendance.
- Igor Karahidaka was injured during official team competition. He tore his Achilles tendon during a vaulting layout on bar.
- Christian Iliadis, International Gymnastics Federation, injured his arm in training during a two-and-a-half twist push front on floor. This withdrew from competition.
- World Champion Li Shichang has a twin brother who injured his ankle but was not sent to the World Championships and could not compete.
- 1995 World Champion from London was fourth for his team after the compulsory/voluntary competition. Oliver pulled his knee bar out and got his knee into the all-around competition where he finished 15th.



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